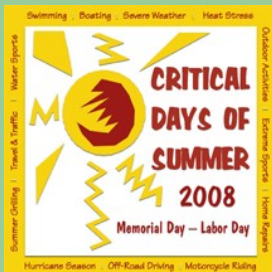


Seat Belt Safety

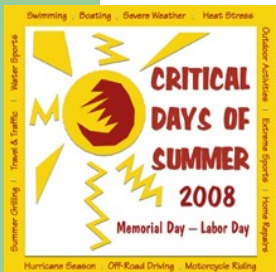


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Statistics

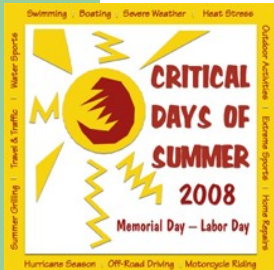
- 40% of the Sailors and Marines in cars and light trucks who died in accidents in FY07 were not wearing seat belts.
- 80% of traffic fatalities occur within 25 miles of home and under 40 miles per hour.



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Safety Tips

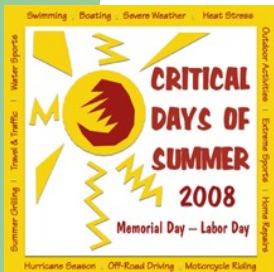
- Always wear your seat belt. Insist that all passengers wear theirs as well.
- Always wear both the lap belt and shoulder belt.
- Never slip the shoulder belt behind your body or under your arm.
- Be sure the belt fits snugly against your body.
- Children under the age of 12 should always ride in the back seat.
- Children should ride in age- and size-appropriate seats and should not be placed in the front seat.



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Suggested Best Practices

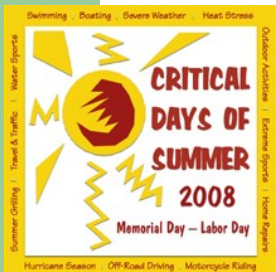
- **Why insist on passengers wearing their seatbelts?**
 - An unrestrained passenger can become a projectile during an accident, causing severe injury or death to other occupants.
- **Avoid transporting unrestrained objects.**
 - Just like an unbuckled passenger, an object that is not tied down during an accident can become a projectile. Make a habit of transporting items in the trunk, if possible.



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Why insist on passengers wearing their seatbelts?

Double click on black box to run video

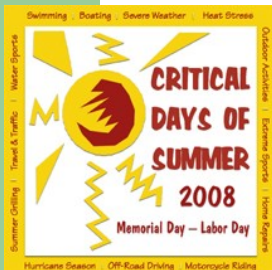


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Multiple Collisions Occur

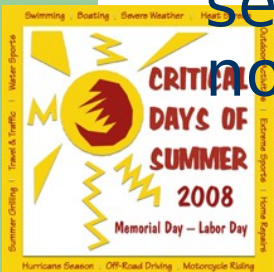
- The first collision occurs when you are involved in a crash with another vehicle or stationary object.
- The second collision occurs when your unbelted body impacts the steering wheel or dash board.
- The third collision occurs when your internal organs slam against your chest cavity wall, or your brain against your skull.



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Lessons Learned

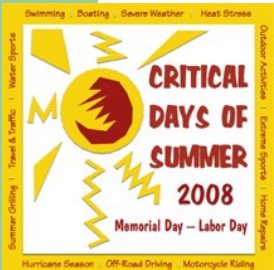
- A Sailor was getting into his car to go to the grocery store just a few blocks away. It was raining hard. He didn't want to wear his seatbelt, but his girlfriend insisted. After traveling only 200 feet, they were in a serious accident. Their seat belts saved their lives.
- Lesson: Doesn't matter how far you're going ... 100 miles or 100 feet. You might need that seat belt. As a side note, the "girlfriend" is now his wife.



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Myth Busters

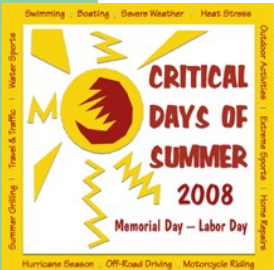
- Myth: I don't have to wear my seatbelt because I'm a safe driver. I've never been in an accident, and I'm sure I never will.
- Reality: Only a moron would say that, and even if you *were* the best driver on the road, there are millions of other drivers just looking for someone to run their own cars into. That "someone" could be you!



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Myth Busters

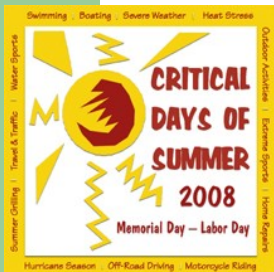
- Myth: My car has air bags. They're enough to save me in a crash so a seatbelt is not necessary.
- Reality: Anyone who believes this has nothing but "air bags" between their ears. An airbag prevents your body from slamming against the dash, but won't prevent you from flying all over the car like a ping-pong ball. That's what seatbelts are designed for.



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Myth Busters

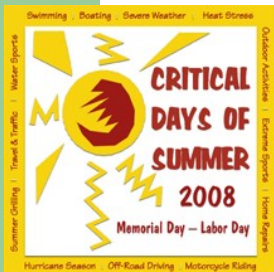
- Myth: If involved in a crash, I can brace myself before hitting the dash.
- Reality: Even if you had the split-second timing to do this, the force of the impact would shatter the arm or leg you used to brace yourself. Buckle up every time...all the time!



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Myth Busters

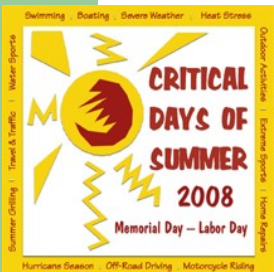
- Myth: If I am in a serious accident, a seat belt might hinder my escape if the car is on fire or might prevent someone from saving me if I'm unconscious.
- Reality: Less than one-half of one percent of all crashes result in vehicle fires, or vehicles ending up submerged in water. Seatbelts save lives!



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FAQs

- Question: I know I have to wear a seat belt on base, but I can take it off when I leave the gate, right?
- Answer: No! You are required to wear your seat belt both on and off base. Besides almost every state has a seat belt law, so you're in violation if you drive without one. Always wear your seat belt.



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